



Women of Leningrad digging anti-tank trenches

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are barely three miles outside the city. From Leningrad's harbour I can clearly see German positions without field glasses. From an observation post, I could watch them making a white smoke-screen in order to conceal their batteries, and then they started firing. The Russian batteries immediately answered back, firing across the bay towards the white building of the Leningrad Typewriter Factory, which is one of the principal German strongpoints. In peacetime you could go there by tramcar in a few minutes. But the Germans can't concentrate very large artillery forces for shelling Leningrad. They tried it a few weeks ago, and for three days Leningrad went through some of its worst shelling. But the Russian Air Force then replied with a tremendous mass raid on the German positions, and for a fortnight after that, hardly any shells fell.

A great munitions factory is within two or three miles of the German lines. You have to be incredibly hardened to do war work there day after day, and thousands of women and young girls with a relatively smaller number of men, are working there right under the Germans' noses. The works are, as it were, de-centralised; lathes and machinery and the people working on them are split up into small groups, so that a direct hit shouldn't kill too many people at once. Well, women and young girls are working there in smithies and foundries, heaving lumps of red-hot iron; work never done by women before. These people aren't cheerful—there's a nervous strain on their faces; there's hatred in their tired eyes—hatred against the Germans. This hatred keeps them going, and they are determined to stay on at the Works and not look for a safer job. Yet they've all seen terrible things.

Rest And Relaxation

The other day I went to an island on the north side of Leningrad where among the autumn trees are many stone villas which once belonged to the rich people of Petrograd. Now a dozen of them have been turned into rest homes for young lads and girls. Those who are run down

spend from time to time a fortnight there, eating especially well and going in for sports, dancing and recreation. They were happy, those kids of 15 and 16. At one villa the boys were playing outdoor games, and in another, the girls were dancing in a sumptuous ballroom. One bright girl told me how she and several other kids captured two German parachutists in the summer of '41.

To-day, apart from the shelling, Leningrad is living almost a normal life. Since the blockade was broken last February, things have become much easier. Last night I was received by the Mayor at the famous Smolvy Institute, the girls' high school which became Lenin's headquarters in 1917. He explained in detail how, after the rupture of the blockade, a railway was built from Schusselburg in 22 days, and how along this railway Leningrad now received everything it needed—food, munitions, and coal. There's light and water in all the houses now, but Leningrad still tries to be self-supporting. Thousands of women are cutting timber on the other side of Lake Ladoga so that the city won't be cold this winter, and the city is producing enough vegetables to feed not only itself but also to supply the whole Leningrad front army. It's all done scientifically with the greatest care. A gigantic effort was required to put the water supply and light into perfect working order. Houses are being patched up as soon as they are hit. Ply wood is put into broken windows immediately. Children, for whom every sacrifice was made during the terrible famine months, are given the greatest care and exceptionally good food, and nearly all children spend the summer in the country.

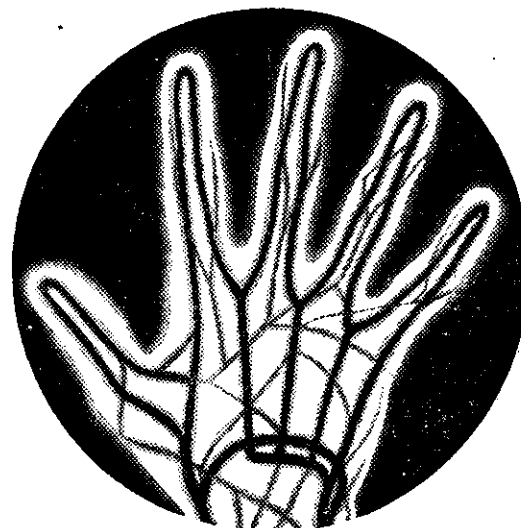
Although there is only a fraction of the original population living in Leningrad now, the city is very much alive. On Sundays the famous Nevsky Prospect is crowded, and Leningrad women are much more smartly dressed than the women of Moscow. Theatres are crowded, and all the shows I went to are gay and frivolous. It's right that it should be so. You need to relax in a place like Leningrad.

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DEPT. OF HEALTH

ANAEMIA?



You are only as healthy as YOUR BLOOD

Thin, weak blood leads to Anaemia. This means low resistance to colds, influenza, bronchitis, tonsil and adenoid troubles. It shows itself in easy exhaustion, nervousness, pallor.

PREVENT ANAEMIA THIS WAY

'Iron' foods will enrich the blood and halve the risk of infections.

RICH IN IRON: Liver, kidney, heart, oyster, yolk of egg, wholemeal bread, oatmeal, wholegrain cereals, peas, beans, lentils, potatoes

FAIRLY RICH IN IRON: Greens—spinach, cabbage, silver beet. Roots—red beet, carrots, swedes. All these vegetables contribute iron provided they are not soaked or stood in water too long before cooking and that minimum water is used for cooking. (This water should be used for soups, etc.) Fruits—orange juice, tomatoes, apricots, prunes, raisins, currants, bananas.

Other meats—sweetbreads, brains, fish, tripe, rabbits.

MOTHERS AND BABIES: Mother's diet should be right during pregnancy and breast-feeding. Babies, both breast-fed and bottle-fed, should be given iron-containing foods in suitable form.

Do you protect the children and adults in your family from Anaemia? You can do it by keeping plenty of iron-rich foods in the daily diet.

FOR A HEALTHIER NATION

NORTON'S

THE
EGG
PRESERVER
THAT
NEVER FAILS